



RELAY FOR LIFE of CHESHIRE



What to Bring!

Tents
Sleeping Bags
Lawn Chairs
Campsite Decorations
AM/FM Radio

Snacks
Pillows
Hats/Sun Visors
Sunscreen
Rain Gear-just in case!

Towels
Insect Repellent
Games
Coolers

Some additional suggestions for a fun and safe time:

- ✓ Wear comfortable, lightweight clothing
- ✓ Please bring a change of clothes (shirt, shorts, socks)
- ✓ Bathing suits are acceptable if they provide appropriate cover
- ✓ Wear sturdy but comfortable shoes designed for walking
- ✓ Please -- no thong type shoes or sandals
- ✓ If you have a medical condition that needs a physician's attention, please
 - notify your team captain and check with your physician before the event.
- ✓ An ambulance will be on-site throughout the event.

Watch for team captain updates
regarding team contests, like best team theme
and most spirited walker!



Hope. Progress. Answers.